

James Island Fitness Classes

1088 Quail Dr
Charleston, SC 29412
843-795-5678



July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Aerobics 9am Yoga 5:30pm Capoeira 6:30pm Zumba 7:30pm	2 Gentle Yoga 8:45am Aerobics 5:30pm Yoga 6:45pm	3 Aerobics 9am Capoeira 6:30pm Zumba 7:30pm	4	5 Aerobics 9:30am Capoeira 12pm
6 Closed	7 Aerobics 5:30pm	8 Aerobics 9am Yoga 5:30pm Capoeira 6:30pm Zumba 7:30pm	9 Gentle Yoga 8:45am Aerobics 5:30pm Yoga 6:45pm	10 Aerobics 9am Capoeira 6:30pm Zumba 7:30pm	11	12 Aerobics 9:30am Capoeira 12pm
13 Closed	14 Aerobics 5:30pm	15 Aerobics 9am Yoga 5:30pm Capoeira 6:30pm Zumba 7:30pm	16 Gentle Yoga 8:45am Aerobics 5:30pm Yoga 6:45pm	17 Aerobics 9am Capoeira 6:30pm Zumba 7:30pm	18	19 Aerobics 9:30am Capoeira 12pm
20 Closed	21 Aerobics 5:30pm	22 Aerobics 9am Yoga 5:30pm Capoeira 6:30pm Zumba 7:30pm	23 Gentle Yoga 8:45am Aerobics 5:30pm Yoga 6:45pm	24 Aerobics 9am Capoeira 6:30pm Zumba 7:30pm	25	26 Aerobics 9:30am Capoeira 12pm
27 Closed	28 Aerobics 5:30pm	29 Aerobics 9am Yoga 5:30pm Capoeira 6:30pm Zumba 7:30pm	30 Gentle Yoga 8:45am Aerobics 5:30pm Yoga 6:45pm	31 Aerobics 9am Capoeira 6:30pm Zumba 7:30pm		